



Santa Clara Senior Center

Jazz Dance

New!

- This class is designed for adults 50 and older who wish to learn basic jazz dance technique, steps, combinations and routines. Participants will strengthen their balance, flexibility, memorization and gross motor coordination. All levels are welcome!
- **Classes begins Tuesday, March 15;** On-going through August 2011
- Register on a monthly basis; Santa Clara Senior discount applies.

No.	Age	Day	Time	Start	End	Location	Res./Non-Res.
42640	50+	Tue	1:00-2:00pm	Mar 15	Mar 29	Senior Center Rm 222	\$24 / \$30
42641	50+	Tue	1:00-2:00pm	Apr 5*	Apr 26	Senior Center Rm 222	\$24 / \$30
42642	50+	Tue	1:00-2:00pm	May 3	May 31	Senior Center Rm 222	\$40 / \$50

*No Class April 12

No.	Age	Day	Time	Start	End	Location	Res./Non-Res.
42643	50+	Tue	1:00-2:00pm	Jun 7	Jun 28	Senior Center Rm 222	\$32 / \$40
42644	50+	Tue	1:00-2:00pm	Jul 5	Jul 26	Senior Center Rm 222	\$32 / \$40
42645	50+	Tue	1:00-2:00pm	Aug 9	Aug 30	Senior Center Rm 222	\$32 / \$40

Attendance is limited to individuals enrolled in the program. Participants may not make up classes which they have missed; fees cannot be pro-rated for classes missed.



Register Today!

For info, call (408) 615-3170 or
visit us at 1303 Fremont Street.

**Parks
Make
Life
Better!**

Santa Clara Senior Center



No Falls S.O.S.

New!

- **Stretch, Observe & Strengthen** your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register.
- **Classes begins Tuesday, March 15;** On-going through August 2011
- Register on a monthly basis; Santa Clara Senior discount applies.

No.	Age	Day	Time	Start	End	Location	Res./Non-Res.
42600	50+	Tue, Thu	11:00-11:30 am	Mar 15	Mar 31	Senior Center Rm 232	\$18 / \$23
42601	50+	Tue, Thu	11:00-11:30 am	Apr 5*	Apr 28	Senior Center Rm 232	\$18 / \$23
42602	50+	Tue, Thu	11:00-11:30 am	May 3	May 31	Senior Center Rm 232	\$27 / \$34

*No Class April 12 & 14

No.	Age	Day	Time	Start	End	Location	Res./Non-Res.
42603	50+	Tue, Thu	11:00-11:30 am	Jun 2	Jun 28	Senior Center Rm 232	\$27 / \$34
42604	50+	Tue, Thu	11:00-11:30 am	Jul 5	Jul 26	Senior Center Rm 232	\$24 / \$30
42605	50+	Tue, Thu	11:00-11:30 am	Aug 9	Aug 30	Senior Center Rm 232	\$21 / \$23

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